

August Schedule

NFC COOKEVILLE



Phone: (931) 526-2500

BP-Body Pump T/T-Trek and Tone FY-Fitness Yoga C/A-Cycle and abs C/Y-Cardio and Yoga
 BS-Body Step C-Cycle M-Muscle BC-Body Combat

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 CI Lisa		8:30 C Lisa 9:15 M Carylnann		9:00 C/Y Lisa	
	6:00 BC Jana	5:00 BS Lisa 5:45 FY Janice. 6:30 BP Jana	6:00 BC Jana	5:00 c/a Lisa		10:30 BP Jana

Club Hours Sun 12-5 Mon-Thurs 5-10 Fri 5-9 Sat 8-6

Childcare Hours Mon-Fri 8-12 & 4-8pm and Sat 8-12pm

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 we love our fitness groupies..nothing beats working out together!!

